

Transitional Recovery & Culture Project (TRAC)



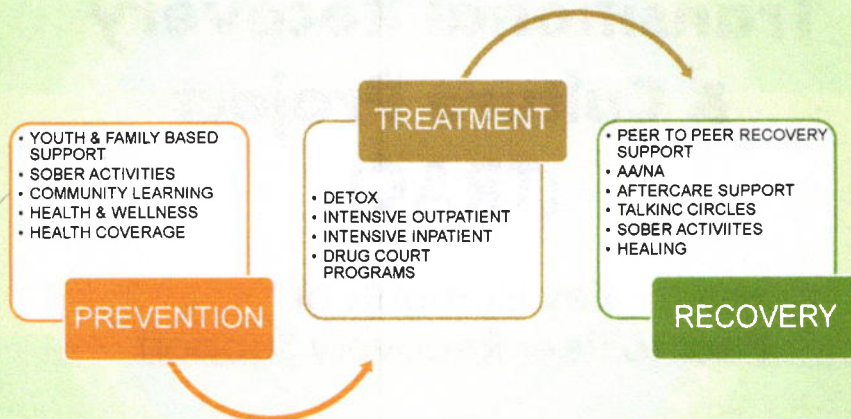
Key Elements of
Peer to Peer Recovery Support

Background

- Funded through a 3 year grant from SAMHSA (Substance Abuse & Mental Health Services Administration) - Sept. 2013 thru Sept. 2016.
- Pilot Project of the Rocky Mountain Tribal Leaders Council
- Project is meant to foster community readiness for recovery support and provide a safe forum for those in recovery to learn about leadership, culture, self care and resiliency.
- Outcome is increased rates of sobriety; increase in community readiness for recovery support; better quality of life for those in recovery.



Cohesive Community Approach



Who we are

Billings

Peer Mentors:

- Nell Eby – Assiniboine
- Brett Healy III (Jr.) – Gros Ventre, Assiniboine
- Neela Walker – Northern Cheyenne

TRAC Staff:

- Dyani Bingham, Project Director - Assiniboine, Blackfeet, Little Shell
- Julie Not Afraid, Peer Mentor Coordinator, Crow, Chippewa Cree
- Lita Pepion, Peer Mentor Leader, Blackfeet

Wind River Reservation

- Eastern Shoshone Recovery Center
 - Michelle Crispin
 - Ron Burton
 - Ruby Posey
- Dennis Adams – Serves Riverton
- White Buffalo Recovery – Northern Arapaho
 - Orren Janis +
- So far, we have served close to 130 peers and will serve 200 by September 29, 2016



What is Peer to Peer Recovery Support?



- A member of the community who is strong in their own recovery (Peer Mentor) serves as a mentor to a peer who is new to their own recovery journey (Peer).
- Peer mentors provide general recovery support and draw upon the strength and values of Native culture to do so.
- Peer mentors help peers via referrals to community resources (housing, education, wellness, employment, culture).
- Peer mentors focus on the strengths of the individual and foster leadership.
- Peer mentors help peers incorporate recovery values and strategies into their everyday lives.

Peers

- Native Americans in Recovery or ready for Recovery
- Adults
- Approach also works well with youth
- Veterans
- Substance Abuse
- Mental Health Issues (Co-occurring)
- Chronic Diseases &/or Chronic Pain
- Unhealthy coping skills from stress, trauma, poverty
- Good People Bad Choices
- In over their heads

Peer Mentors:

- LIVED EXPERIENCE
- WELL VERSED IN COMMUNITY RESOURCES
- REFLECTION OF COMMUNITY
- ROLE MODEL
- STRONG REFERRALS - CONNECT THE DOTS
- INFORM LEADERSHIP & POLICY
- EMPOWERING
- NON-JUDGEMENTAL
- HOPEFUL ACTIVE IN ONGOING HEALTH EDUCATION & TRAINING
- TRIBAL BEST PRACTICES
- SPIRITUALITY

Training

- RMTLC - TRAC PEER MANUAL & TRAINING (IN PERSON & WEBINAR)
- TRAUMA INFORMED (ACE, HISTORICAL TRAUMA)
- CORE COMPETENCIES
- ETHICS & CONFIDENTIALITY
- SELF CARE & BOUNDARIES
- HOW ADDICTION & RECOVERY AFFECTS THE BRAIN
- BRSS TACS – BRINGING RECOVERY SUPPORTS TO SCALE
- MT PEER NETWORK
- WYOMING STATE PEER SPECIALIST CERTIFICATION
- BEHAVIORAL HEALTH

Peer Recovery Support services include:

- One on One Peer Mentorship
- Group Sessions
- Holistic Wellness Plans
- Culture Based Support
- Any positive effort or activity to help a Peer in Recovery
- Field Trips
- Advocacy
- Sober Activities
- Recovery Month Events
- Volunteer Opportunities



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Referrals

- Chemical Dependency/Treatment/Recovery Programs
- Sober Housing
- Employment
- Educational Institutions
- Law Enforcement
- Drug Courts
- Mental Health
- Social Service Agencies
- Self-Referral
- Healthcare
- Employers



Community Coalitions

- Peer Recovery Programs should engage in existing community coalitions
- Consistent leadership from all community: decision makers, peers, peer mentors, staff, volunteers, business, faith, cultural leaders, homeless, youth, housing, Veterans, crisis centers, food banks, healthcare, BIA, parks, law enforcement, schools
- Meet monthly – subcommittees meet monthly as well
- Educate coalition members about recovery and how to refer peers to your program
- Learn about local services for referrals for peers
- Collaborate on trainings
- Collaborate on strategic planning and outreach/marketing
- Networking & Relationship Building
- Community Events
- Leveraging of Dollars

Types of Organizations that could use Peer Mentors

- Tribal Chemical Dependency Departments
- Tribal Health Programs
- Drug Courts
- Health & Wellness
- Sober Housing Units
- Afterschool Programs
- Colleges
- Crisis Centers
- Social Services

Cost

- It costs approx. \$1,000 for (1) Peer Mentor to serve (1) peer for 6 months
- 67 hours at \$15.00/hour = 8 – 10 hours per month per peer
- Varies depending on needs of peer
- For 5 Peer Mentor to serve 100 peers = \$50,000
- Annual Mileage for 5 Peer Mentors at 200 miles/per month = \$6,210 (at least)
- Staff = \$80,000 (2 FTE) (Supervision, Referrals, Data Entry, Reporting)
- Training = \$10,000
- Sober Activities = \$3,000 - \$5,000
- Average Annual total budget - \$150,000 - \$250,000 or more

How to pay for this?

- Grants
- Contracts
- 3rd Party Billing
 - MT does not have Peer Specialist Reimbursement Code
 - WY does

Other Key Elements

- Peer Advisory Council
- Welcoming Environment
- Self Care
- Arts & Creativity
- Patience
- Healthcare access
- Recovery is Possible
- There are Many Paths to Recovery



For more information contact:

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